

Nutrient Label Claims

There are lots of terms on food labels. Here's what some of them mean:

Free **Sugar free, fat free, sodium free or calorie free** – It is too small an amount to affect you or your diet.

Low **Low fat:** 3 grams or less fat per serving
Low in saturated fat: 1 g or less per serving and not more than 15 percent of calories from saturated fat



Low-cholesterol: 20 mg or less and 2 g or less of saturated fat per serving

Low calorie: 40 calories or less per serving

Low-sodium: 140 mg or less per serving can be used

Reduced 25% less of a nutrient than compared to a similar food: **reduced calorie, reduced fat, reduced cholesterol, reduced sodium**
You will also see “reduced in”, “fewer”, “lower”, “lower in”, or “less”.

Light $\frac{1}{3}$ fewer calories, 50% less fat or 50% less sodium than the original

High 20% of the Daily Value of a nutrient (example: calcium, vitamin C)
You will also see “excellent source of” or “rich in”.

Good Source 10-19% of the Daily Value of a nutrient (example: folate, iron)
You will also see “contains” or “provides”.

More 10% of the Daily Value of a nutrient (example: fiber)
You will also see “enriched”, “fortified”, or “added”.



Healthy Low in fat and saturated fat, 60 mg or less cholesterol per serving
At least 10% of the Daily Value for one or more of vitamins A and C, iron, calcium, protein, and fiber per serving
480 mg or less of sodium per serving

Lean Less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving



Extra lean Less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per serving

